

Keep Warm in the Winter Cold!

When the Weather Turns COLD!

Taking care of yourself during cold weather may help to prevent weather related health problems. During cold or cool weather, *hypothermia* is a common health problem and it can happen to anyone at any age. Knowing how to recognize and prevent cold weather related problems could save your life.

Hypothermia

Hypothermia means "low temperature". It may be caused by exposure to cool or cold temperatures. Hypothermia develops when body heat is lost due to a cool or cold environment faster than it can be replaced. Temperatures do NOT have to be below freezing for this condition to occur.

Warning Signs of Hypothermia

- *Confusion*
- *Difficulty Speaking*
- *Shivering*
- *Slow Breathing*
- *Trembling on one side of the body - on one arm or leg*
- *Sleepy - Difficulty in waking*
- *Puffy Face*
- *Cold, Stiff Muscles*
- *Forgetfulness*
- *Stomach is cold to the touch*

In Case of Hypothermia ...

Do the Following

- *Keep Calm*
- *Call a Doctor or Ambulance*
- *Handle the Person Very Gently*
- *Protect the Person from the Cold with Blankets or other covering*
- *Cover the Person's Head and Neck*

Do NOT do the Following

- *Do Not Give Hot Drinks or Hot Food*
- *Do Not Raise Legs or Place Hot Water on the Feet*
- *Do Not Place Person in Hot Tub or Shower*
- *Do Not Give Any Alcoholic Drinks*
- *Do Not Massage the Arms or Legs*

When the Weather Turns COOL!

Get those quilts, blankets, winter clothing, etc. out of storage because the best defense against ***hypothermia*** is to **stay warm**. Elderly people, those with chronic illnesses or those unable to afford heating fuel, and those who do not take the normal steps to keep warm are most likely to develop accidental ***hypothermia***.

It is recommended that the elderly dress warmly even when indoors, eat enough food, and stay as active as possible. Because hypothermia may start during sleep, keep warm in bed by wearing enough clothing and using blankets.

Staying Warm ...

- *Wear Several Layers of Clothing*
- *Avoid Tight Clothing*
- *Mittens Are Warmer than Gloves*
- *Keep your Cloths Dry*
- *Wear a Hat to Keep Hands/Feet Warm*
- *Hot Water Bottles, Heating Pads and Electric Blankets Will Keep Your Bed Warm*
- *Wool Will Keep You Warmer than Cotton When Damp or Wet*

Remember ...

If you are sick, frail, or elderly, you fall into the "High Risk" category. You should be especially careful during cool or cold weather. Infants are also a high risk. Other people that may be at risk are those that do not know how to keep warm in cool or cold weather and those who can not afford enough heat.

Help is as near as your telephone:

Community Services Agency - - 576-4630
Delta Area Agency on Aging - - 324-8333
Health Department - - 576-7600
Mayor's Office on Aging - - 528-CARE
Senior Link - - 324-3399